

**HealthSmart  
Alignment  
with Kansas  
Health  
Education  
Standards**



**Middle School  
Grades 6–8**

## HealthSmart Middle School Unit Key

**ABST** = Abstinence, Puberty & Personal Health

**EMH** = Emotional & Mental Health

**HIV** = HIV, STI & Pregnancy Prevention

**NPA** = Nutrition & Physical Activity

**TAOD** = Tobacco, Alcohol & Other Drug Prevention

**VIP** = Violence & Injury Prevention

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
<b>Students will know, comprehend, apply, analyze, synthesize and/or evaluate:</b>						
<b>Human Sexuality and Relationships</b>						
8.1 Changes during puberty	<b>5, 6, 7, 8</b>					
8.2 Refusal skills	<b>14, 15</b>		<b>10, 11, 13</b>			
8.3 Responsible behaviors within relationships (communication, abstinence, etc.)	<b>10, 11, 16</b>		<b>1, 3, 5, 6, 7, 12, 13, 14</b>			
8.4 Male and female reproductive systems	<b>5, 6, 8</b>		<b>5</b>			
8.5 Potential outcomes of sexual activity	<b>11, 16</b>		<b>1, 5, 6, 7</b>			
8.6 Seeking reliable adult advice regarding relationships, dating, and sexual activity	<b>7, 10</b>		<b>5, 10</b>			
8.7 Laws associated with sexual behaviors (consent, harassment, assault, rape, etc.)			<b>3</b> [consent]			<b>17</b> [abuse]
<b>Injury Prevention and Safety</b>						
8.1 Basic first aid skills (including bloodborne pathogens)	Covered in <b>High School - VIP 4</b>					
8.2 Injury prevention at home, school and community						<b>1, 2, 3, 4, 6, 7</b>
8.3 Prevention for sports, physical activity and recreation related injury						<b>4</b>
8.4 Resources for safety and injury prevention and response (school, work, community, home, etc.)						<b>3, 4, 6</b>
8.5 Intentional and unintentional injury						<b>1, 2, 3, 8, 9, 13</b>
8.6 Prevention and response to physical violence (guns and/or weapons and bullying)						<b>9, 10, 11, 12, 13, 14</b>
8.7 Prevention and response to mental violence (bullying and abuse)						<b>10, 11, 12</b>
8.8 Prevention and response to sexual violence (harassment, assault, rape, and abuse)						<b>16, 17</b>
8.9 Prevention and response to social violence (relationships, conflict resolution, and cyber)						<b>9, 10, 12, 13, 14, 15</b>
8.10 Media safety (social media, cyber, TV, music, advertising, etc.)		<b>13</b> [social media]				<b>9, 10</b> [cyberbullying]
8.11 Weather related safety (supplies, shelter, etc.)	Covered in <b>High School - VIP 4</b>					

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<b>Mental and Emotional Health</b>						
8.1 Importance of expressing emotions in a productive and healthy manner		<b>6, 7, 8</b>				
8.2 Character development		<b>2, 3</b>				
8.3 Mental health terminology		<b>8</b> [covered in more detail at High School]				
8.4 Stress management and coping skills		<b>9, 10, 11</b>				
8.5 Coping with loss and grief		<b>12</b>				
8.6 Characteristics of healthy and unhealthy relationships		<b>4</b>	<b>4</b>			
8.7 Relationship between body image and self-esteem				<b>11</b>		
8.8 Impact of media on self-esteem		<b>13</b>		<b>11</b>		
8.9 Bullying/harassment prevention						<b>10, 11, 12, 13, 14, 15</b>
<b>Nutrition</b>						
8.1 Nutritional needs through stages of development	Not covered directly					
8.2 Meal planning and budgeting				<b>3</b> [planning only]		
8.3 Safe storage and food handling				<b>8</b>		
8.4 Nutritional goals				<b>16, 17</b>		
8.5 Community nutrition efforts	Not covered					
8.6 Food labels				<b>4</b>		
8.7 Eating disorders/dysfunctions				<b>13</b>		
8.8 Dietary guidelines				<b>2, 3</b>		
8.9 Establishing and maintaining healthy eating practices				<b>5, 6, 7, 8</b>		
8.10 Factors in weight control				<b>12</b>		
8.11 Food packaging and advertising				<b>9</b>		
8.12 Nutritional supplements	Not covered directly					
8.13 Impact of food choices				<b>3, 5, 7, 16, 17</b>		
<b>Personal Health</b>						
8.1 Major body systems, anatomy, functions, relationships between systems	<b>5, 6, 8</b> [reproductive only]					
8.2 Proper adolescent hygiene habits	<b>2, 7</b>					
8.3 Purpose, examples, and benefits of daily exercise				<b>14, 15</b>		

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
<b>Personal Health (continued)</b>						
8.4 Importance and strategies to seek personal health care	9					
8.5 Develop positive relationships	10	4, 5	4			
8.6 Recommended sleep amounts	2					
<b>Prevention &amp; Control of Disease</b>						
8.1 Disease prevention skills	3		6, 7			
8.2 Common causes of death, illness and disorders	3 [chronic disease]					1 [unintentional injury]
8.3 Communicable and non-communicable diseases	3					
8.4 Medical resources, health screenings and treatment methods for disease	3, 9					
8.5 Relationship between lifestyle choices and disease prevention	3					
8.6 Differences between bacterial, viral and fungal infections	Not covered					
8.7 Structure/function of the immune system			7			
<b>Substance Use and Abuse &amp; Addiction</b>						
8.1 Effects and consequences of nicotine use (all forms)					3	
8.2 Effects and consequences of alcohol use					2	
8.3 Effects and consequences of illegal drug use					4, 7, Supplemental lesson on Fentanyl	
8.4 Cumulative risk behaviors (patterns, gateway drugs, etc.)					6	
8.5 Correct use, misuse and abuse of drug					5	
8.6 Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.)	Covered in <b>High School - TAOD 1</b>					
8.7 Addiction and tolerance					6	
8.8 Addictive substances and effects on all dimensions of health					8	
8.9 Media, social influences, and peer pressure of drug usage					9, 11, 13, 15	
8.10 Rules and laws for medicines and drugs					5 [medicines], 12 [laws]	
8.11 Safe alternatives to medicine	Not covered					
8.12 Treatment, intervention and prevention of drug overdose, dependency, and abuse					Supplemental lesson on Fentanyl	

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
<b>Community Health</b>						
8.1 Resources in the community for improved health	Not covered					
8.2 Local community needs/issues/events						
8.3 Local/state laws, ordinances, and policies for a healthy community						
8.4 Impact of participation and engagement within the community						
8.5 Global health issues						
<b>Consumer Health</b>						
8.1 Validity of information on health care products and services	Not covered					
8.2 Adolescent health care product information						
8.3 Interpersonal and intrapersonal influences on health choices (budgeting, culture, SES, etc.)	In relation to health behaviors:					
	<b>10, 12, 13</b>	<b>13</b>		<b>9, 10, 11</b>	<b>9, 11, 12, 15</b>	<b>5, 11, 13</b>
8.4 Informed consumer choices regarding health	Not covered					
8.5 Seek reliable consumer health advice						
8.6 Importance of local and state health policies						
<b>Environmental Health</b>						
8.1 Personal responsibility for community environmental issues	<i>HealthSmart does not cover environmental health content</i>					
8.2 Reduce, reuse, recycle, and alternatives						
8.3 Types and effects of pollution						
8.4 Environmental influences on health						
8.5 Local and state environmental issues						
8.6 Laws, ordinances, and policies						